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ABSTRACT

This book discusses the major challenges of and strategies for a career change. An introduction introduces 10 career changers whose real-life experiences are used throughout the book to illustrate key concepts. They show the wide range of career change situations and strategies for tackling them. Chapter 1 provides a theoretical background to self-assessment, including ways of viewing life transition. Chapter 2 discusses major possible ways of losing a job. Chapter 3 presents a method for assessing one's current level of job satisfaction to determine whether or not to change. Chapter 4 presents strategies for overcoming fear of change, failure, and success, as well as perfectionism and procrastination. Chapter 5 offers strategies for identifying career options. Chapter 6 deals with some practical challenges of career change, such as the need for education, training, or experience. Chapter 7 focuses on the challenge of finding the time and money needed for a career change. Chapter 8 discusses how trends affect the job market and suggests strategies for dealing effectively with a tight job market. Chapters 9-15 make suggestions for groups with special challenges in the workplace: women, minorities, people over 50, people with disabilities, dual-career couples and single parents, ex-military personnel, and midlevel managers. Appendixes contain 66 references, a list of 154 recommended readings, information on mental health organizations, and an index. (YLB)

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